

The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts

Translations, essays & notes by Piya Tan ©2014

Volume 43

Healing

- 1 43.1 **Buddhism as a method of self-healing.** Appreciating early Buddhism through Acceptance and Commitment Therapy (ACT)
- 44 43.2 **Kisā Gotamī .** An early case of a psychological *defence of denial*.
- 57 43.3 **Paṭācārā.** A woman who lost all but found true happiness ; her disciples.
- 68 43.4 **(Majjhima) Jīvika Sutta (M 55).** Demerit of killing & meat-eating.
- 90 43.5 **Parihāna Sutta (A 10.55).** Learning the Dharma for self-discovery.
- 95 43.6 **Salhā Sutta (A 3.66).** On the possibility of overcoming greed, hate and delusion.
- 105 43.7 **(Arahatta) Nanda Sutta (U 22).** Nanda overcomes sense-desire.
- 116 43.8 **(Gaha,pati) Potaliya Sutta (M 54).** The true meaning of renouncing the world.
- 138 43.9 **Kassaka Sutta (S 41.9).** Māra as our senses.
- 143 43.10 **Paṭilīna Sutta (A 4.38).** The qualities of a true dhyana meditator.
- 157 43.11 **Gilāna Sutta 1 (S 46.14).** Mahā Kassapa's illness is overcome through reflecting on the awakening-factors.
- 162 43.12 **Gilāna Sutta 2 (S 46.15).** Moggallāna's illness is overcome through reflecting on the awakening-factors.
- 164 43.13 **Gilāna Sutta 3 (S 46.16).** The Buddha's illness is overcome through reflecting on the awakening-factors.
- 166 43.14 **Ariya,vāsa Sutta 1 (A 10.19).** The 10 qualities of an arhat.
- 173 43.15 **Ariya,vāsa Sutta 2 (A 10.20).** The 10 qualities of an arhat defined.

Healing starts with self-acceptance and grows with unconditional love

Suttas: <http://dharmafarer.org>

Courses: <http://themindingcentre.org>

©2014 TAN Beng Sin
All rights reserved
Printed in Singapore

THE MINDING CENTRE, based in Singapore, is part of Piya Tan’s Dharma ministry. It was founded in 2006 to provide Dharma-based non-religious service to those in need of counsel and solace. It also serves as a haven and hub for those seeking Dharma by way of meditation and education, Sutta study and translation, and spiritual experience. The Centre also supports and promotes Piya Tan in his full-time Buddhist and related work.

Courses: <http://themindingcentre.org>

THE SUTTA DISCOVERY SERIES is part of the Living Word of the Buddha project which aspires to encourage and facilitate Buddhist Studies, both in a Dharma-inspired and academic manner for personal development as well as outreach work on a local and global scale. The Minding Centre and the Living Word of the Buddha project are motivated and guided by the vision of mere Buddhism.

Suttas: <http://dharmafarer.org>

THE MERE BUDDHIST VISION. We aspire to learn, teach and practise mere Dharma, or “non-religious Buddhism,” that is, Buddhism as simple as possible, as the Buddha Dharma, so that it is open to all who seek true stillness and liberating wisdom. We aspire to compassionately and joyfully proclaim the possibility, necessity and urgency of gaining spiritual liberation in this life itself—at least as a streamwinner, with or without dhyana—in keeping with the Okkanti Saṃyutta (S 25). ***Mere Buddhism is easy: live it and be free***

Piya Tan (TAN Beng Sin), 1949-
Title: Sutta Discovery 43. Theme: Healing
Series: The living word of the Buddha (2002-)
First published 2013; publisher: the author

YOU can help Buddhism grow

Your pledge & support bring Dharma to others:

- Print Dharma and related books, and Internet Dharma**
- Support TMC in its monthly rental and maintenance
(yearly budget \$45,000)**
- Pledges for full-time Dharma work and global ministry**

WE GIVE

*for the sake of a beautiful mind,
as a support for the mind (in inner peace).*

(Aṭṭha Dāna Sutta, A 8.31/4:236)

KEEPING BUDDHISM CENTRED

Sutta translations: <http://dharmafarer.org>

As people today become more aware of Buddhism, many seek the simple original teachings of the Buddha. For over two decades now, Piya Tan has been inspired by this ideal of “mere Buddhism.” In this connection, he has set up the Minding Centre and Pali House.

The Minding Centre

A still centre in life's storms

170, Upper Bukit Timah Road, #11-04, Bukit Timah Shopping Centre,
Singapore 588179.

Email: themindingcentre@gmail.com; hp +65 8211 0879.

Courses: <http://themindingcentre.org>

Every Wednesday (7.20-9.00 pm): Meditation & Sutta Study.

Courses: Beginners' Meditation; Intermediate Meditation; Buddhist Psychology; Psychology of Meditation; Basic Practical Buddhist Counselling; Psychology of Meditation; Psychology of Death and Living, Pali Workshop, etc.

Personal sessions: Meditation coaching; Meditation therapy; Counselling (problems related to work, sleep, stress, anxiety, etc).

Pali House

On Vesak Day, 12th May, 2006, Pali House was born, fulfilling Piya's long-time dream for living space that is spacious, quiet and conducive for his Dharma work.

- Pali House has one of the most complete set of early Buddhist scripture (texts and translations).
- The translating of the early Buddhist scripture in the **Sutta Discovery** series is done at Pali House.

Pali House is possible through the generosity of the Buddhist community and various individuals like yourself who have generously and regularly contributed to Piya Tan's work. He is doing full-time lay Dharma work without any salary. As such, your continued support will greatly help our Dharma work.

How you can help

- Support for Piya Tan's full time Buddhist work (especially the Sutta Translation & related projects).
- Sponsor the Minding Centre monthly rental (\$2200) & maintenance cost, etc.
- Help with the Dharmafarer website (<http://dharmafarer.org>) through your expertise and time.
- Introduce people to the Minding Centre and advertise our activities to your friends, etc.
- Donate to cost of computer peripherals and printing, especially laser printer toner and A4 copy paper.
- Sponsor purchases of Buddhist scriptures, books and materials (for the Sutta Translation library).
- Contribute to **the Sutta publication fund** (for printing costs of study notes and SD books, etc).
- Encourage relatives and friends to offer dāna together for merit of happy togetherness.
- After making such offerings or acts of merit, make this **Dharmafarer aspiration**:

May this merit bring my mind peace and wisdom.

May I enter the path of streamwinning in this life itself.

To pledge or donate, please make your cheque payable to "**The Minding Centre**" & mail to:

"Pali House," Blk 248, Jurong East St 24, #08-50, Singapore 600248.

For more information on our **CLASSES and ACTIVITIES**, please *email* us at dharmafarer@gmail.com.

SUTTA DISCOVERY

Directly seeing the Buddha's Teachings

Every Wednesday @ 7.15-9.00 pm

Venue: The Minding Centre (Sutta Studio)

170, Upper Bukit Timah Road, #11-04, Bukit Timah Shopping Centre, Singapore 588179.

hp: 65 8211 0879; Email: themindingcentre@gmail.com

Websites: <http://dharmafarer.org>; <http://themindingcentre.org>

Every 2nd Sunday & 4th Sunday @ 11.00 am-12.30 pm

Venue: Poh Ming Tse

438 Dunearn Road, Singapore 289614. tel: 6466 0785. Website: <http://www.pmt.org.sg>

For class info: themindingcentre@gmail.com; hp: 8211 0879.

Every 3rd Sunday @ 1.15-2.45 pm

Venue: Singapore Buddhist Mission

9 Ruby Lane, Singapore 328284. tel: 6299 7216.

Website: <http://www.singaporebuddhistmission.net/>

The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teachings. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. Although a very basic knowledge of Buddhism (five precepts, etc) is helpful, no knowledge of these languages is required for this course. This class is suitable for beginner and mid-range level.

The Sutta Discovery (SD) series started with **the NUS Buddhist Society** weekly Sutta Study Group (SSG) classes in February 2002, and **the Buddhist Fellowship** SD series started in February 2003. These classes ran for some 10 years.

Piya Tan, who works on these Suttas and notes, and teaches them, was a former **Theravada monk** for 20 years. Today he is a full time lay Dharma teacher specializing in early Buddhism. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced **Buddhist Studies in Singapore Secondary Schools** in the 1980s. After that, he was invited as a visiting scholar to **the University of California at Berkeley, USA**. He has written many ground-breaking and educational books on Buddhism (such as *Total Buddhist Work*) and social surveys (such as *Buddhist Currents* and *Charisma in Buddhism*).

Piya is a **full-time Dharma** teacher who is also doing a full-time annotated translation of the Pali Suttas for those who wish to study and practise Dharma-based meditation as taught by the Buddha. As a Theravāda monk, he learned insight meditation from **Mahasi Sayadaw** himself in the 1980s. As a lay teacher, he learned forest meditation from **Ajahn Brahmavamso**. He has run numerous **meditation courses and retreats** for students and adults (including non-Buddhists) since early 1980. In 1992, he taught meditation at the University of California at Berkeley, USA, and various schools, institution and corporation. He is doing all this for the love of Dharma and of Ratna and their two children. His vision is that Buddhism promoting local fellowship with a global network.

Dharma in a Drive

The Living Word of the Buddha

The Buddha's Teachings

in the Earliest Texts

The Sutta Discovery series by Piya Tan,
beginning in 2002, and still going on.



The 4-GB USB Dharma Drive contains SD 1-41, sutta teachings (MP3, videos) & books by Piya Tan.

Make this a gift to a monastic or someone who needs it

The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teaching. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. If you can read this message, you are ready to study the Sutta translations. No deep knowledge of Buddhism is needed. [For 20 reasons for the SD series, see [The Dharmafarers website](http://www.dharmafarers.com)]

Sutta Discovery (quarterly; ring-bound A4 vols): S\$15.00 each (unless otherwise stated) or donation.

<input type="checkbox"/> Epilegomena (key & index volume) FREE	<input type="checkbox"/> SD 22 (Apr 2008) Giving & generosity
<input type="checkbox"/> SD 1 (2003, 2010) Dhammacakka Sutta S\$35	<input type="checkbox"/> SD 23 (May 2008) Death & Rebirth
<input type="checkbox"/> SD 2 (2003, 2010) Wealth & Mettā S\$35	<input type="checkbox"/> SD 24 (Dec 2008) Samadhi
<input type="checkbox"/> SD 3 (Sep 2003) Refuge-going	<input type="checkbox"/> SD 25 (Nov 2006) Brahmajāla Sutta
<input type="checkbox"/> SD 4 (Jan 2004) Karma 1	<input type="checkbox"/> SD 26 (Apr 2009) Non-self
<input type="checkbox"/> SD 5 (Apr 2004) Dependent arising	<input type="checkbox"/> SD 27 (Jul 2009) Psychic powers
<input type="checkbox"/> SD 6 (Jul 2004) Wisdom 1	<input type="checkbox"/> SD 28 (Oct 2009) Parables 1
<input type="checkbox"/> SD 7 (Jan 2005) The world and universe	<input type="checkbox"/> SD 29 (2010a) Elements
<input type="checkbox"/> SD 8 (Apr 2005) Lay sainthood	<input type="checkbox"/> SD 30 (2010b) Skillful means
<input type="checkbox"/> SD 9 (Nov 2004) Mahā Parinibbāna Sutta	<input type="checkbox"/> SD 31 (2010c) Latent tendencies
<input type="checkbox"/> SD 10 (Apr 2006) The limbs of awakening	<input type="checkbox"/> SD 32 (2011a) Mental hindrances
<input type="checkbox"/> SD 11 (Jan 2006) Emptiness	<input type="checkbox"/> SD 33 (2011b) Dhyana
<input type="checkbox"/> SD 12 (Apr 2006) Brahmā (the High God)	<input type="checkbox"/> SD 34 (2011c) Spiritual friendship
<input type="checkbox"/> SD 13 (Jul 2005) Satipaṭṭhāna Suttas	<input type="checkbox"/> SD 35 (2011d) Wisdom 2
<input type="checkbox"/> SD 14 (Oct 2006) Self-identity view	<input type="checkbox"/> SD 36ab (2011e/2012a) Buddhism & mythology (2-vol set)
<input type="checkbox"/> SD 15 (Jul 2006) Mental cultivation	<input type="checkbox"/> SD 37 (2012b) Right Livelihood 1
<input type="checkbox"/> SD 16 (Jul 2007) Impermanence 1	<input type="checkbox"/> SD 38 (2012c) Love & compassion
<input type="checkbox"/> SD 17ab (Jan 2007) Aggregates (2-vol set) \$30	<input type="checkbox"/> SD 39 (2012d) Karma 3
<input type="checkbox"/> SD 18 (Oct 2007) Karma 2	<input type="checkbox"/> SD 40a1+2 (2013ab) Levels of learning (2-vol set)
<input type="checkbox"/> SD 19 (Jan 2008) The meditation sign	<input type="checkbox"/> SD 40b (Oct 2008) Chinese Buddhism \$20
<input type="checkbox"/> SD 20 (Jul 2008) Revulsion	<input type="checkbox"/> SD 41 (2013c) Samatha & vipassana
<input type="checkbox"/> SD 21 (Oct 2008) Views	<input type="checkbox"/> SD 42 (2013d) Impermanence & diligence
	<input type="checkbox"/> SD 43 (2014) Healing

Please order from

The Minding Centre, 170 Upper Bukit Timah Road,

#11-04 Bukit Timah Shopping Centre, Singapore 588179.

email: themindingcentre@gmail.com ; hp +65 8211 0879

Suttas: <http://dharmafarer.org> ; courses: <http://themindingcentre.org>

Satipatthana Vipassana Course

Instructor: Piya Tan

WHAT, WHY & HOW of meditation: for absolute beginners as well as meditators.

- Body-based meditations: the breath as the door to true peace
- Feeling-based meditation: overcoming negative emotions
- Mind-based meditation: the nature of mental hindrances
- The three brains: how satipatthana relates to our whole being
- Calming the body and healing the heart: thinking & feeling.
- The mind can heal itself; it is more than the brain
- Mindfulness in daily life; present moment awareness
- Effective attention & environment; reality: virtual & real
- Meditation dangers: identifying and preventing them
- Practical methods; guided practice sessions



Psychology of Death & Living

For those interested in true lasting happiness, meaning & purpose of life, rebirth

- The last 48 hours of life.
- What happens when we die?
- Can we communicate with the dead?
- Dealing with fear and mental pain.
- How to help the dead? Merit transfer?
- The 12 links of life, death, and rebirth.
- How not to fear death and dying
- The four tasks of grief.
- Gods, demons and ghosts: do they exist?
- Have we lived before, will we live again?
- Is rebirth immediate or takes 49 days?
- Have we lived before, will we live again?
- The Tibetan Book of the Dead.
- The Last Breath: last moments of a death row inmate

Buddhist Psychology: mind, consciousness & well-being

For anyone interested in the mind, mental health, self-knowledge.

- ✓ **Healing yourself:** How the mind creates problems: 2 kinds of pain; perception.
- ✓ **Brain or mind?** Neuroplasticity: how the mind grows the brain & repairs it.
- ✓ **The conscious body:** Mind-body interbeing (the 5 aggregates of being).
- ✓ **The unconscious:** How the mind really works, or are we really in control?
- ✓ **Minding the mind:** Mental distractions and the nature of attention; consciousness.
- ✓ **The art of loving:** Negative emotions & healing emotions; sexuality; types of love.
- ✓ **Don't believe everything you think:** Unconscious defence mechanisms & coping skills.
- ✓ **Non-judgement day is here:** Mindfulness training in daily life (meditation).
- ✓ **Ancient wisdom, modern science:** Recent developments in Buddhist psychology.

Practical Buddhist Counselling *for beginners*

Buddhist counselling self-counselling and how to listen & respond to others when they have problems. How to be your own therapist.

WHY BUDDHIST COUNSELLING?

- Focuses on self-help; no need to tell problems to others.
- No medication or expensive therapy; goes to the **root** of the problem.
- Focuses on emotional resilience; discuss well-known case studies.
- Based on 2500 years of practical wisdom (incl meditation therapy).



For other course & more information: ☞ <http://themindingcentre.org>
To register, call +65 8211 0879 (Ratna Lim), or ✉ themindingcentre@gmail.com

Non-religious **Beginners'** **Meditation**



- ✓ De-stress & deep rest
- ✓ Improve sleep quality
- ✓ Increase attention span
- ✓ Get well faster; self-help
- ✓ Emotional resilience
- ✓ Healthy growing & aging

Beginners' Meditation Course

- Monthly intake
- Small class size (maximum 15)
- Easy guided sessions with Q & A
- A mental tool best learned early in life
- Affordable fees & replacement classes

Please call/text Ratna ☎ [8211 0879](tel:82110879) or email themindingcentre@gmail.com now to register.

Helps you understand:

1. The nature of the mind
2. Why & how to meditate
3. Overcoming mental hindrances
4. Focussing the mind
5. Dealing with negative habits
6. Overcoming drowsiness
7. Self-healing, self-counselling
8. Emotional resilience
9. Sleeping well

Interesting meditation facts:

- Based on living Buddhist meditation tradition over 2500 years old (non-religious)
- Meditation is safe & effective if you learn from a qualified & experienced instructor
- Meditation is a mainstream practice in Australia, the USA & the West
- Meditation heals the mind and body
- Helps increase attention span & creativity
- Meditation keeps the mind healthily active as we age (neuroplasticity): life-long skill
- Growing application in psychotherapy

COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 63 years old; a monk for 20 years
 - has taught meditation for over 30 years
 - has taught at the Univ of California @ Berkeley, Defence Science Organization, GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
 - mentor and meditation instructor to various executives and individuals
 - referrals from doctors, social workers, etc
 - now translating and teaching early Indian texts on meditation and psychology
- Wiki Piya: http://en.wikipedia.org/wiki/Piya_Tan

The Minding Centre

170 Upper Bukit Timah Road, #11-04 Bukit Timah Shopping Centre,
Singapore 588179. ☎ **+65 8211 0879**

✉ themindingcentre@gmail.com ; 🌐 <http://themindingcentre.org>